

Learn Together Approach

Facilitated Group Discussion Plan

Qualified Staff: RD, RN, CPA, Nutrition Educator, Nutrition Education Assistant

Topic: Food Safety

Module Code: 701

Target Group: Pregnant and postpartum women and caregivers and parents of children and infants.

Objective for the session: Session participants will be able to state 2 ways to practice food safety in their homes.

Icebreaker: Ask each participant to say his or her first name and share who does the cooking at home.

Discussion Questions (3):

- What can you do to make foods safe when you are preparing meals?
- When cooking, how do you know foods are cooked well enough?
- What is the safe way to store leftovers?

Factual Messages (3):

- The most important safe food practice is to wash your hands before handling food. Also handle foods on clean surfaces like cutting boards and counter tops. Keep meat, poultry and seafood and their juices away from ready-to-eat foods so you don't cross contaminate.
- Foods are safe when they are heated long enough at a high enough temperature to kill harmful bacteria that cause food borne illness. You can measure cooked foods with a thermometer—ground beef should be at least 160 degrees.
- Refrigerate or freeze perishables, prepared foods and leftovers within two hours or sooner to avoid bacterial growth. Divide large amounts of leftovers into small, shallow containers to cool quickly.

Summarize Key Discussion Points/Suggestions: Ask participants what they have learned from this discussion.

Evaluation Question: What two new ideas will you try in the next few days to make food safe in your home?

Materials Needed: thermometer, cutting board, brochure: *Fight BAC! Four Simple Steps to Food Safety*. U.S. Department of Agriculture and U.S. Food and Drug Administration.

Reference: *Food Code*. 1999. Recommendations of the United States Public Health Service. National Technical Information Service Publication, PB99-115925.